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(71) Applicant:

Taiyo Kagaku Co., Ltd.  
Yokkaichi-shi Mie-ken 510-0825 (JP)

(72) Inventors:

- UEDA, Tomoko  
Yokkaichi-shi, Mie 510-0825 (JP)
- NAGATO, Yukiko  
Yokkaichi-shi, Mie 510-0825 (JP)

- TANAKA, Yukiko  
Yokkaichi-shi, Mie 510-0825 (JP)
- OKUBO, Tsutomu  
Yokkaichi-shi, Mie 510-0825 (JP)
- KOBAYASHI, Kanari  
Yokkaichi-shi, Mie 510-0825 (JP)
- AOI, Nobuyuki  
Yokkaichi-shi, Mie 510-0825 (JP)
- SHU, Seiji  
Yokkaichi-shi, Mie 510-0825 (JP)
- JUNEJA, Lekh, Raj  
Yokkaichi-shi, Mie 510-0825 (JP)

(74) Representative:

Schüssler, Andrea, Dr.  
Kanzlei Huber & Schüssler  
Truderinger Strasse 246  
81825 München (DE)

(54) **COMPOSITION COMPRISING THEANINE**

(57) The present invention relates to a composition for suppressing or ameliorating a symptom accompanying diminished homeostasis, comprising theanine; and a mineral composition comprising theanine and a mineral. According to the present invention, there can be provided a composition for suppressing or ameliorating the above symptoms; and a mineral composition having a reduced peculiar metal taste, of which administration is made easily.

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